Kale kicked up a notch or two

Try the tangy leaf as a base to citrusy salad, a stir-fried side or a crunchy snack PAGE 15

HE'S HITTING ALL THE PRESIDENTIAL NOTES

RAPPER RICK ROSS TACKLES U.S. ELECTION ISSUES LIKE A NATURAL-BORN POLITICO PAGE 13

VANCOUVER metro®

Monday, August 20, 2012

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Trekkies beaming with happiness

Ready to engage.
PNE's Star Trek exhibit has thousands of fans starry-eyed over iconic pieces from franchise

PHYLICIA TORREVILLAS
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Marina Miller and Charles Bae's excitement meter went into warp speed Sunday after an ultimate fan experience.

The two were in full Trekkie uniforms as they wandered around the PNE's Star Trek exhibit.

Miller, who came all the way from Victoria, said her fan-girl fantasy has been realized.

"My dream is to sit in Captain (Kirk's) chair and I've finally done it so I can die happy tomorrow," she said.

Bae has been a fan since he was six years old, and it was William Shatner that got him hooked.

"Shatner's the man," said Bae, 32. "I saw him on TV and my dad wasn't actually around a lot so I thought he was like my dad."

Operations director Tony Doblin said 4,400 people went through the exhibit on Saturday and people have been blown away by the iconic pieces from the sci-fi franchise, including original costumes and the Transporter Room.

"People have been buying the Star Trek pizza cutters like crazy and we did have some people Saturday that were in for about two-and-a-half hours, reading every single label," he said.

PNE spokesperson Laura Ballance said the Star Trek exhibit and the live show of Family Feud have been well-received by fairgoers.

"When you're 102 years old, it's always about blending the new with the old and having the great traditions as well as new things for people to do," she said. "A lot of our attendants wait until Labour Day weekend to come so hopefully people take advantage of the good weather and come early."

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Marina Miller and Charles Bae pose for a photo in the Transporter Room at the PNE's Star Trek exhibit Sunday. PHYLICIA TORREVILLAS/METRO

Ambitions nipped in bud

Transgender dad rejected as a group leader for breastfeeding advocacy organization PAGE 5

Riders can't tame Lions

The B.C. Lions trampled all over the Saskatchewan Roughriders 24-5 for their third consecutive win PAGE 17

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Oil pipeline. Discrepancy over risks posed: Letter

The Suncrest, a 42-foot former commercial fishing boat, passes the site of the proposed Enbridge Northern Gateway in June.
ROBIN ROWLANDT/THE CANADIAN PRESS

While Prime Minister Stephen Harper says the fate of Enbridge's proposed pipeline from the Alberta oilsands to tankers on the B.C. coast will be based on science, not politics, documents show some of that science isn't forthcoming.

Documents filed with the National Energy Board show the environmental review panel studying the Northern Gateway project asked Fisheries and Oceans Canada for risk assessments for the bodies of water the proposed pipeline will cross. The pipeline is to traverse nearly 1,000 streams and rivers in the upper Fraser, Skeena and Kitimat watersheds. The department didn't have them.

"As DFO has not conducted a complete review of all proposed crossings, we are unable to submit a comprehensive list as requested; however, this work will continue and, should the project be approved, our review will continue into the regulatory permitting phase," DFO wrote in a June letter.

The response also said there "may be differences of opinion" between the company and department on the risk posed by the pipeline at some crossings. It provided two examples of crossings of tributaries to the Kitimat River where Enbridge rated the risk as low, but Fisheries rated it medium to high. THE CANADIAN PRESS

Anderson Lake. Man missing after cliff jump

A 26-year-old man from Surrey is missing after jumping off a 175-foot cliff into Anderson Lake on Friday.

Whistler-Pemberton RCMP say the man had been frequently jumping from cliffs during a boating trip near D'arcy, B.C. when he decided to take another plunge just before 6 p.m.

The man jumped into the lake but never resurfaced.

Friends jumped into the water in an attempt to locate the man. They later called for help.

A police helicopter and Pemberton Search and Rescue crews took over but were unable to locate the missing man.

"Our thoughts are with the family of the missing man during this difficult time," said staff Sgt. Steve LeClair. "We certainly hope that we will be able to locate him however the water in this area of the lake is extremely deep."

METRO

Hwy 1. Family badly injured in car crash

Five members of a single family are being treated for life-threatening injuries after a single-vehicle collision on Hwy. 1 Saturday morning.

Salmon RCMP say the cause of the crash — which occurred at approximately 5:30 a.m. near Blind Bay on Shuswap Lake, B.C. — is being investigated.

Responders arrived on scene to discover five occupants of a vehicle badly injured and in need to help.

A married couple and their three children — age 16, 14 and 8 — suffered serious injuries in the collision and were rushed to hospital.

Police had no update on their condition as of Sunday afternoon.

The family was travelling to Vancouver from Calgary, with the father driving the car.

Speed and alcohol are not considered factors in the crash, but investigators are looking into whether driver fatigue may have played a role.

METRO

Gamers all dressed up, with somewhere to go

Support network. Convention allows anime lovers to be themselves, says fan

ELIZABETH HANES
vancouver@metronews.ca

Artist Sarah Kulyk takes out her pink smart phone and holds it up to two fans, one who looks like Robin Hood, the other dressed in a Jedi-like robe. Their mouths gape open as they check out the photo of Kulyk dressed in a rubber alien costume.

"This is why we come here," says James Chu. "For all the fan stuff, the artists, all the unique things."

Chu's olive green vest matches his cap, which covers his fake blonde locks. He is Link from the Zelda video game series, he says. Carleena Foxe — in her white robe and black ponytail wig — is Kikiyo from the InuYasha manga series.

Theirs were just two of hundreds of elaborate costumes on display at the Anime Revolution convention over the weekend — and it takes work to look that good.

Lauren Pratt and Alex McClelland, dressed as Anders and Marian Hawke from video game Dragon Age 2, spent about 100 hours each on their costumes.

But their effort paid off, earning them fourth place in the Anime Revolution costume contest.

Justin Yee, Franken Stein from the Soul Eater manga series, said there's a strategy to choosing a costume.

He said popular characters are more likely to be approached by other fans looking for a photo-op, which opens the door for possible friendships.

Meeting other anime lovers is what these conventions are all about.

"There's definitely a sense of belonging you feel when you're with (other fans)," said Kyla E. McNeilly, dressed as digital pop star Hatsune Miku.

She said being an anime lover can sometimes be alienating, but these conventions let people be themselves.

"... For just a little while they can come meet with people of the same mind. They can say, 'Yes, I like anime and it's OK.'"

LeeAnna Vamp, a self-described nerd, dressed up as Mario from the Super Mario Bros. video games for the Anime Revolution convention at the Vancouver Convention Centre on the weekend. ELIZABETH HAMES/FOR METRO

1 NEWS

Mobile news

Quebec politicians squared off Sunday for the first time ahead of the upcoming provincial election. Scan the code to find out about the night's highlights.

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Another gruesome discovery: More possible remains found

Toronto. On Sunday, a bag containing 'fleshy' material was found, the second such find in Toronto-area creek in recent days

A coroner has been called in to examine a bag containing "suspicious" fleshy material discovered Sunday in the same Scarborough, Ont., creek where possible human remains were found by a homeless man on Saturday.

The discovery was made as Peel police continue to search a park in Mississauga, Ont., where body parts were discovered late last week.

A grey plastic bag containing what appeared to be remains of some kind, was found late Sunday morning in the West Highland Creek, near Scarborough's Tam O'Shanter golf course, by a Torstar News Service journalist who was photographing search teams in the area.

Police were immediately notified.

The new find was about 100 metres south of the first find. Police immediately expanded the cordon and brought in dog teams.

"It's certainly suspicious. That's why we've sealed off the area and turned it over to forensics," said Sgt. Doug Minor.

Coroner investigating

Toronto police received a call at 1 p.m. Saturday with reports of suspected body part in West Highland Creek. On Sunday a bag containing possible remains was found nearby.

Police say they're waiting for the coroner to tell them what the bag contains.

TORSTAR NEWS SERVICE

Police investigate the area of West Highland Creek in Scarborough, Ont., on Saturday after possible human remains were found.

RICK MADONIK/TORSTAR NEWS SERVICE

Remembering those who died at Dieppe, 70 years on

Dieppe veterans, from left, Fred Engelbretch, 92, Arthur Rossel, 92, Roy Wozniak, 93, Russ Burrows, 93, and David Lloyd Hart, 95, are seen during the commemorations Sunday to honour Allied soldiers killed 70 years ago in a failed Second World War invasion in Dieppe, northern France. Some 1,400 soldiers were killed in "Operation Jubilee" when the Allies tried to briefly invade Dieppe to test German defences. MICHEL SPINGLER/THE ASSOCIATED PRESS

Missouri. Republican Senate candidate questions whether pregnancy can result from sexual assaults

Todd Akin, Missouri's Republican Senate candidate, has questioned whether women can become pregnant when they're raped.

Akin said in an interview with St. Louis television station KTVI released Sunday that pregnancy from rape is "really rare." A video of the interview is posted on the station's website.

Akin has said he opposes most abortions, and said in the interview that if a woman is raped, her body "has ways to shut that whole thing down."

Akin has served six terms and has said he's Missouri's most conservative congressman. He's running against Democratic Sen. Claire McCaskill.

McCaskill's campaign said Sunday that "Akin's record is riddled with policies and votes that hurt women."

Akin said Sunday the punishment for rape should be focused on the rapist and not "attacking the child."

Akin was interviewed on KTVI's The Jaco Report, and also talked about numerous campaign issues such as voter ID laws, the economy and Medicare.

The interview was conducted earlier in the week.

Akin spokesman Steve Taylor declined to comment Sunday, saying he had not yet seen the interview.

McCaskill, who is seeking a second term, said she found the comments "offensive."

THE ASSOCIATED PRESS

Aleppo, Syria. Battle with anti-Assad rebels slows for Muslim holiday

A brief lull in fighting for a Muslim holiday Sunday allowed residents of Aleppo to take stock of their losses after three weeks of intense battles left many in Syria's largest city strapped for cash, separated from loved ones and scared of more violence ahead.

In the capital Damascus, President Bashar Assad prayed at a mosque in his first appearance in public since a bomb attack killed four of his top security advisers on July 18.

Thousands across the country marched against Assad in mosques and cemeteries after special dawn prayers marking the start of the three-day Eid al-Fitr holiday, which caps the holy month of Ramadan. The holiday — usually a joyful time to remember the dead, dress up in new clothes and visit family — followed a particularly bloody Ramadan when fighting erupted in Syria's two largest cities, bringing large civilian populations under fire and causing a spike in the death toll.

The government has still not managed to defeat the rebels. THE ASSOCIATED PRESS

Middle East

Jordanian child wounded by Syrian rockets

Jordan's information minister says four Syrian rockets have fallen on a northern Jordanian border town, wounding a four-year-old girl.

The Jordanian girl was treated for shrapnel wounds and then released from hospital.

THE ASSOCIATED PRESS

Mars mission

Curiosity lasers a rock on Mars

NASA's Curiosity rover has zapped its first Martian rock, aiming its laser for the sake of science.

During the target practice on Sunday, Curiosity fired 30 pulses at a nearby rock over a 10-second window, burning a small hole. Since landing in the Gale Crater the rover has been checking instruments. THE ASSOCIATED PRESS

Alleged militants

U.S. drones kill 10 in Pakistan

American drones fired a flurry of missiles in a Pakistani tribal area Sunday, killing a total of 10 suspected militants, officials said.

In the strike, missiles hit two vehicles near the Afghan border, killing seven. Later, missiles destroyed a home, killing three people.

THE ASSOCIATED PRESS

Russia

Suicide bomber kills seven

A suicide bomber blew himself up as cops in southern Russia gathered Sunday for the funeral of a slain colleague. The blast killed at least seven police and badly wounding 12 others.

The funeral was for an officer who had been shot dead by militants in Ingushetia.

THE ASSOCIATED PRESS

One man's battle to help others breastfeed

Outdated attitudes?
Transgender dad was turned down as a group leader for a breastfeeding advocacy group

Trevor MacDonald, a 27-year-old stay-at-home parent from Winnipeg, loves fatherhood and, as a transgender man, identifies as a dad. CONTRIBUTED

Trevor MacDonald, a slim man with short, dark-brown hair and a radiant smile sandwiched between a wispy moustache and goatee, sits bare-chested in a leafy Toronto garden, his infant son sucking gently on his tiny left breast.

In the photo, shot on a recent visit to the city, the Winnipeg resident blissfully cradles the boy, contentment visible in his features. This is a proud papa breastfeeding his 16-month-old child, just as he has done many times before.

MacDonald, a 27-year-old stay-at-home parent, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada (LLLC) motherhood support group in Winnipeg.

In early June MacDonald wrote a letter to LLLC — an affiliate of the influential international mother-to-mother breastfeeding advocacy group — asking what it would take to become a group leader. He wanted to coach LGBT members and those who struggle, like he did, to breastfeed after chest-reduction surgery.

LLLC rejected the request seven weeks later, citing an 18-year-old policy: "Since an LLLC leader is a mother who breastfed a baby, a man cannot become an LLLC leader," the organization wrote in its reply, which is posted on MacDonald's blog, Milk Junkies.

Quoted

"This has made us all stop and think. This is the first time in 55 years (of LLLC history) this question has come up."

Fiona Audy, chair of the board of La Leche League Canada

"You told me that you do not identify as a mother," LLLC continued. "You are your baby's father. According to LLL philosophy the roles of mothers and fathers are not interchangeable. I think that this would make it difficult for you to represent LLL philosophy."

Not interchangeable. Those words resonate strangely to a transgender man. For MacDonald, who said he was "disappointed" by LLLC's refusal, the terms motherhood and fatherhood are, at best, quaint. "First and foremost I identify as a parent," MacDonald said.

TORSTAR NEWS SERVICE

Ontario couple to marry at comic book convention

Their love blossomed as they recited the same line in a faux-German accent while watching the horror spoof Young Frankenstein: "Would you like to roll, roll, roll in ze hay?"

It grew when it was discovered they both knew the lyrics to "Homies" by Insane Clown Posse, when they defended Raccoon City from zombies in the video game Resident Evil, when they compared books in the comic series Return to Wonderland, about the dark side of Alice.

And it culminates next Friday when Rob Bridges and Amy Banman say "I do" at Expo CanadaEND, the country's largest comic book convention.

It's the first-ever Fan Expo wedding and is believed by organizers to be the first at a comic convention, period. That includes the biggest of the bunch, San Diego's http://www.comic-con.org/Comic-ConEND, which has only seen its share of marriage proposals.

The Oshawa, Ont. couple chose the unusual locale because, well, where else would they tie the knot? "We didn't want a normal wedding, and we're both very nerdy for lack of a better word," said Banman.

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Pups come out to play at Ottawa fetish contest

Contestants barked, howled and gave inspiring speeches at Ottawa's first-ever National Capital Leather Pride Weekend Pup contest, held at the Centretown Pub.

The contest was similar to the Miss America Pageant — but for people who like to become puppies, dressed up in fetish gear. Contestants were judged in the jock/thong, speech and formal categories.

"Pup play," is an international phenomenon, but has only been organized in the city for the past year, said Mr. Leather Ottawa 2010 Mike Tattersall, who emceed the competition, but isn't a pup himself.

"It's a human expression of freedom and self-expression," said Tattersall. "Imagine a room full of Labrador retriever puppies and the chaos those puppies would do to themselves as they play."

Pups generally wear leather, rubber or other fetish gear. Some have handlers, others are "strays."

Tattersall organized the competition, which he believes was the first in Ontario and perhaps the first in Canada. The winner, Scout, wore hockey pads, blue underwear and a leather dog mask in the formal wear section of the competition.

The runner-up was Karl Couture, who came out as a pup for the first time at Pride last year, helping launch Ottawa's pup community. He spoke about the courage it took to go out in public as a pup during the speech category of the competition.

"Everyone sees us differently, positive, negative, I don't care anymore," he said. "I'm proud to be here and can't wait to see what we'll accomplish."

He had to get over the fear of what would happen to him for coming out as a pup, but now he's glad he did, he said.

JESSICA SMITH/METRO IN OTTAWA

Puppies Johnny, Scout and Rolph compete in the first-ever National Capital Leather Pride Weekend Pup contest. JESSICA SMITH/METRO IN OTTAWA

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London. Assange makes first public appearance since seeking refuge

WikiLeaks founder Julian Assange urged President Barack Obama to end a so-called "witch hunt" against his secret-spilling website, appearing in public Sunday for the first time since he took refuge two months ago inside Ecuador's Embassy in London to avoid extradition to Sweden on sex crimes allegations.

WikiLeaks founder Julian Assange appears at a window of the Ecuadorian embassy in central London on Sunday. SANG TAN/THE ASSOCIATED PRESS

The 41-year-old Australian, who has fought for two years against efforts to send him to Sweden for questioning over alleged sexual misconduct against two women, addressed several hundred supporters and reporters as he spoke from the small balcony of Ecuador's mission, watched by dozens of British police.

Ecuador's President Rafael Correa on Thursday granted Assange asylum and he remains out of reach of British authorities while he is inside the country's embassy. Britain insists that if he steps outside, he will be detained and sent to Sweden, as by law it must meet the obligations of a European arrest warrant.

Praising Correa, Assange said "a courageous Latin American nation took a stand for justice," in offering him sanctuary, but did not refer to the Swedish allegations against him. Instead, he attempted to shift attention to what he claims are preparations in the U.S. to punish him for the publication by WikiLeaks of a trove of American diplomatic and military secrets.

Assange and his supporters claim the Swedish case is merely the opening gambit in a Washington-orchestrated plot to make him stand trial in the U.S. — something disputed by both Swedish authorities and the women involved.

THE ASSOCIATED PRESS

Russia

Anti-gay activists sue Madonna over concert content

Some Russian activists have sued Madonna for millions of dollars, claiming they were offended by her support for gay rights during a recent concert in St. Petersburg.

Anti-gay sentiment is strong in Russia. In St. Petersburg, a law passed in February makes it illegal to promote homosexuality to minors, and the author of that law has pointed to the presence of children as young as 12 at Madonna's concert on Aug. 9.

Russian news agencies quote Alexander Pochuyev, a lawyer representing the nine activists, as saying the suit was filed Friday against Madonna, the organizer of her concert, and the hall where it was held, asking for damages totalling 333 million rubles, or about $10.2 million.

Madonna GETTY IMAGES

The complaint includes a video taken at the concert showing Madonna stomping on an Orthodox cross and asking fans to raise their hands to show the pink armbands in support of gays and lesbians that were distributed among the audience, the news agency RIA Novosti reported.

THE ASSOCIATED PRESS

Border guards

Use-of-force incidents decline

Fewer border guards drew their guns, batons and pepper spray last year in an abrupt reversal of a previous trend toward greater use of force at Canadian border points.

There were 147 incidents in 2011-12, a significant drop from 184 in the previous year — the first significant decline in so-called use-of-force incidents since the guards were armed with handguns. THE CANADIAN PRESS

Belgian child rapist

Ex-wife in line for early release

About 2,000 demonstrators in Belgium on Sunday protested the possible early release from prison of the ex-wife of a pedophile, who was an accomplice in his abuse and murder of young girls. Protesters in Brussels braved the year's hottest weather on news that Michelle Martin, former wife of child rapist Marc Dutroux, could move to a convent. THE ASSOCIATED PRESS

Swimmer endures jellyfish stings in Cuba-U.S. record bid

Third time lucky?
Nyad, 62, is making her third attempt since last summer at a cageless crossing

Endurance athlete Diana Nyad forged ahead through the Straits of Florida with renewed vigour Sunday in pursuit of a record 166-kilometre unassisted open-water swim without a shark cage.

The 62-year-old Los Angeles woman was said to be comfortable, confident and steady at around 50 strokes per minute after a harrowing night of painful jellyfish encounters — despite a new-and-improved bodysuit she hoped would offer better protection.

Nyad was stung four times during the night on the neck, lips, hand and forehead, according to members of her 50-member crew who updated fans through social media.

Nyad had planned to don the bodysuit, which covers her from head to toe except for holes for the eyes, nose and mouth, at night, when jellyfish tend to rise to the surface. But it apparently did not work as well as anticipated.

Diana Nyad takes a break after reportedly being stung by a jellyfish Saturday off Havana, Cuba. Nyad, who turns 63 on Wednesday, is trying to be the first swimmer to cross the Florida Straits without a shark cage.
DIANA NYAD VIA THE FLORIDA KEYS NEWS BUREAU, CHRISTI BARLI/THE ASSOCIATED PRESS

At least two of the stings were from the dangerous box jellyfish, which forced her to cut short her second of two attempts last year as toxins built up in her system.

Nyad, who turns 63 Wednesday, tried a cageless crossing last summer. She also made a failed attempt with a cage in 1978.

A kayak-borne apparatus shadowing Nyad helps keep sharks at bay by generating a faint electric field that is not noticeable to humans.

The team expects Nyad will take at least 60 hours to complete the swim, meaning she would arrive in the Florida Keys sometime Tuesday. THE ASSOCIATED PRESS

Jellyfish menace

"There are so many jellyfish ... Diana is swimming backstroke right now leading with the cap-covered part of her head to minimize contact."

Tweet from a member of Diana Nyad's crew updating fans on her progress

Drought. Ranchers fear herd will starve before Congress sends relief

Searing temperatures and drought scorched Todd Eggerling's land in southeast Nebraska, leaving little grass to feed his 100 cattle.

Then Congress left for a five-week break without agreeing on aid to help ranchers through one of the worst droughts in the nation's history.

That means it will be September before Eggerling and other ranchers can even hope for disaster aid legislation that includes cash to buy feed until they would normally send their cattle to feedlots or slaughter in the fall or winter. For some, it's already too late.

"I'd like to see every one of the senators and congressmen go out into one of these widespread, drought-stricken areas and spend a day," said

Eggerling, 44, of Martell, Neb. "Walk around and see the effects of what's going on. Look at the local economies and see what's going to happen to them. Then they can go back to Washington with a real perspective and say, 'Hey; we need to do something.' "

Most farmers are having a hard year with drought and unusually warm temperatures in the middle of the country burning up everything from corn to cabbage. But ranchers are in a particularly precarious position because most don't have access to federally subsidized insurance programs that cover crops like corn and soybeans.

Losing hope

"We can't just tell that steer or heifer to stop eating for a couple of days until the market share goes up."

Kristen Hassebrook, a spokeswoman for the Nebraska Cattlemen

The White House announced last week that the federal government will buy up to $170 million US worth of pork and other meat for food assistance programs in an effort to help drought-stricken farmers.

The Defence Department also was expected to encourage its vendors to speed up meat purchases in an effort to prop up prices with a glut on the market expected in the next few months.

THE ASSOCIATED PRESS

Drought-damaged corn is seen in a field near Nickerson, Neb., Thursday. Dry conditions have worsened in the key farming states of Kansas and Nebraska as the worst U.S. drought in decades continues. NATI HARNIK/THE ASSOCIATED PRESS

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Chinese residents look at overturned Japanese cars after an anti-Japan protest in Shenzhen, in China's Guangdong Province, Sunday. Japanese activists swam ashore and raised flags Sunday on an island claimed by both Japan and China, fanning an escalating territorial dispute between the two Asian powers. VINCENT YU/THE ASSOCIATED PRESS

Japanese activists stoke China protests

Territorial dispute. Japanese businesses, cars destroyed in China after activists plant flags on island claimed by both countries

Long-contested

The spat over long-contested territories comes as China's ruling Communist Party prepares for a major leadership transition.

- Leaders in both China and Japan face strong domestic pressure to defend national interests.
- Japan says it has controlled the five main islands for more than 100 years.

Japan's territorial disputes with its neighbours flared anew Sunday as a group of nationalist activists swam ashore and raised flags on an island also claimed by China.

Chinese took to the streets in protest, overturning Japanese-branded cars and smashing windows at some Japanese-owned businesses, as Beijing lodged a formal complaint, urging Tokyo to prevent frictions from escalating further.

Ten Japanese made an unauthorized landing on Uotsuri, the largest in a small archipelago known in Japan as the Senkaku Islands and in China as the Diaoyu Islands. The uninhabited islands surrounded by rich fishing grounds are controlled by Japan but also claimed by China and Taiwan.

Of the 10 who visited the island, five were conservative local assembly members.

"The Senkakus are undoubtedly Japanese territory. It is to be expected that Japanese would take that to heart," said Eiji Kosaka, an assemblyman from Tokyo's Arakawa district.

China's Foreign Ministry protested, summoning Japan's ambassador to voice its complaints. "The Japanese side should properly handle the current issue and avoid seriously damaging the overall situation of China-Japan relations," ministry spokesman Qin Gang said in a statement.

THE ASSOCIATED PRESS

Gu Kailai

CCTV VIA APTN/THE ASSOCIATED PRESS/FILE

Ousted Chinese politician's wife gets suspended death sentence

The wife of a disgraced Chinese politician was given a suspended death sentence Monday after confessing to killing a British businessman by poisoning him with cyanide in a case that rocked the country's top political leadership.

A suspended sentence is usually commuted to life in prison after several years.

Sentenced along with Gu Kailai was a family aide who was given nine years' imprisonment for his involvement in the murder of Neil Heywood, a former family associate, said He Zhengsheng, a lawyer for the Heywood family who attended the sentencing in this eastern China city.

The sentencing closes one chapter of China's biggest political crisis in two decades, but also leaves open questions over the fate of Gu's husband, Bo Xilai, who was dismissed in March as the powerful Communist Party boss of the major city of Chongqing.

THE ASSOCIATED PRESS

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The new catalogue is here.

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Economy. Traders look to U.S. housing data to sustain market gains

Traders will be looking to housing data this week for more confirmation that the American economy is gradually improving.

Reports on existing home sales and new home sales are the highlight of a week featuring low late-summer volumes, a lack of corporate earnings news and a light economic calendar.

The Toronto stock market finished last week with a respectable up 1.67 per cent gain that left the TSX at its highest level since early May, when the European debt crisis took a turn for the worse as markets focused on high debt levels in Spain.

A key piece of data that helped support markets last week was data showing U.S. building permits increased 6.8 per cent to a seasonally adjusted annual rate of 812,000 in July. That is the highest level since August 2008.

Traders hope to see further evidence of a recovering U.S. market this week when data comes out on existing home sales Wednesday, followed by new home sales data the following day.

Economists expect existing home sales rose about three per cent during July to an annualized rate of 4.5 million.

They also forecast that new home sales for July ran up 4.3 per cent to an annualized rate of 365,000.

Markets have been buoyed by hopes that central bankers are prepared to do whatever is necessary to keep the economic recovery on track and preserve the European monetary union.

THE CANADIAN PRESS

Labour. Zellers workers fail to benefit from Target takeover deal

Angela Rankin knows exactly how much Target paid Zellers for the leases to 220 stores across Canada.

It wasn't a billion. It was $1.8 billion — $1.825 billion, to be more precise.

Rankin was let go on July 28 from a Zellers in Toronto after 13 years, with nothing more than the legally mandated severance pay her employers were required to give.

"I don't know what they're thinking. I don't know where their mind is. It's greediness," says Rankin, 50, a mother of one who helps support cousins in Jamaica.

Rankin will speak at a demonstration led by the United Food and Commercial Workers Union on Wednesday in front of Target's Canadian headquarters in Mississauga, Ont.

Former Zellers employee Angela Rankin. TORSTAR NEWS SERVICE

Target posted earnings Wednesday of $704 million US, or $1.06 per share, in the period ended July 30. Overall revenue rose 3.5 per cent to $16.45 million in the quarter..

The chain will open its first stores in Canada in 2013.

TORSTAR NEWS SERVICE

Two girls sit on a lakeside dock, about 200 metres from the collapsed Algo Centre Mall, in Elliot Lake, Ont. The town of 13,500 is more than two hours from Sudbury, the nearest city, making it difficult for many residents to get to stores now that their local mall is gone. COLIN PERKEL/THE CANADIAN PRESS FILE

Elliot Lake braces for winter without mall

Big loss. For the small Ontario town, the Algo Centre Mall was far more than just a shopping centre

The days are still long and warm but winter is on the minds of many residents of Elliot Lake, a community nestled among the rugged beauty of rocks, forests and lakes of northern Ontario — known now across Canada as the town whose mall collapsed.

Now the remains of the Algo Centre Mall stand as mute evidence of the June disaster that has robbed the town of its main gathering place.

"People have nowhere to go — that was their favourite place to be," said Melanie Lafontaine, who works just down the road. "They liked to hang out there in the mall. That's just how people were."

It's a refrain heard across the town of about 13,500 people as they try to come to grips with the loss of a building that was so much more than just another shopping centre.

The mall provided warmth in winter, cooling in summer. A spot to socialize, have a coffee, get some exercise, and shop, all in one place. Sixty per cent of the town's retail space was in the mall — 18 stores, nine government offices, and the library. All gone.

Many residents are on fixed income, unable to drive or bear the cost of getting to other communities to shop. Sudbury, the nearest city, is more than two hours away.

Winter is already being felt as parents prepare to send children back to school. But with the disappearance of retailers like Zellers and Dollarama, there's no longer a handy place to buy necessary gear like warm hats and mittens.

Capt. Pamela Stanger, with the Salvation Army, said she's already seen an increase in need for both the drop-in centre and thrift store the organization runs.

"They need a place where they can afford to go to hang out," she said.

THE CANADIAN PRESS

Judicial inquiry

- Last week, judicial inquiry commissioner Paul Belanger and his lawyers spent several days listening to residents' concerns about what happened.
- The inquiry into the collapse and the emergency response is due to begin formal hearings likely in January.
- One of the lawyers, Bruce Carr-Harris, said the probe should offer some comfort to the community — at least by answering questions people have about a tragedy that has become so personal.

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PIPELINE DREAMS CAST A SPELL

URBAN COMPASS
Paul Sullivan
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When all else fails, it's time for magical thinking.

Harry Potter for grown-ups.

The Enbridge Northern Gateway pipeline project, a sticky wicket in real life, is particularly susceptible to magical thinking.

So far, various governments east of the Rockies are entranced by the unlikely notion that they can build a pipeline to carry oilsands sludge across British Columbia over the dead bodies of British Columbians and First Nations.

Then Premier Christy Clark came up with a magical five-point plan to make all the problems go away, get someone else to pay for it, and acquire vast riches for British Columbia for decades to come. Good one.

Not to be outdone, Enbridge, the company that wants to build the pipeline and then ship the sludge to Asia down the B.C. coast, has published a map that magically erases all the navigational hazards throughout the Douglas Channel, which makes shipping a breeze.

Thomas Mulcair, the national NDP leader, has indulged in a little magical thinking of his own and pronounced the pipeline idea "dead", evidence to the contrary.

Magical thinking

David Black's magic must be very powerful indeed, because it comes without any funding, markets, or frankly, any hope in hell, but is holding the pundits spellbound nonetheless.

And now, in a world-class display of wizardry, Vancouver Island newspaper tycoon David Black has unveiled a proposal to build a multi-billion dollar refinery in Kitimat, process the sludge into a less gooey version, and sell the refined product for even more money, thereby rescuing the environment and the economy in a single spell.

The difference between Harry's gang and our grown-up wizards is that Harry and Hermione wave their wands and resolutely command them to do magical things, e.g. Expecto Patronum, which conjures up a magic protector that makes everything better.

The grown-ups, on the other hand, schedule news conferences and issue press releases, buy ads and write op-eds, but the net effect is the same: Illusion. Or is that delusion?

David Black's magic must be very powerful indeed, because it comes without any funding, markets, or, frankly, any hope in hell, but is holding the pundits spellbound nonetheless.

To be fair, Black's track record as a wizard is hard to dispute. Anyone who can build a successful business out of moribund community newspapers in this day and age is right up there with Lord Voldemort on the hocus-pocus scale. But this time, he's out of his depth. A) He knows nothing about the oil business and B) if this sludge (bitumen) is going to be processed anywhere, it will only happen where labour costs and environmental regulations make it possible. Like China.

Meanwhile, the rest of us are all standing around with our mouths open, like the student body at Hogwarts. We don't know whether to laugh, cry or mutter the cruciatis curse, which inflicts unbearable pain on its recipient.

Curiosity rover landing

What time is it NASA engineer? Mars o'clock

One California family of five is learning what it's like to live on "Mars time" this summer.

NASA flight engineer David Oh had to switch to Martian time after the rover Curiosity landed on Mars earlier this month. His wife and three children decided to tag along to see what it is like.

A day on Mars is about 40 minutes longer than an Earth day, so they've been waking up, sleeping and eating at odd hours. One day last week breakfast was at 3 p.m.

Every mission to Mars, hundreds of NASA scientists and engineers at the Jet Propulsion Laboratory make the time change for three months. But it's unusual for an entire family to join in. The kids will be on Mars time for about a month. THE ASSOCIATED PRESS

Seeds? Check. Grass? Check

GETTY IMAGES

Checkerboard? Check

The manicure

Aristocrat's lawn gets a makeover

Artist Caroline Wright and 100 volunteers created this checkerboard design in the garden of English heritage mansion Ham House.

It was done with only hairdressing scissors to recreate the careful conditioning of the 17th century, when the house employed several lawn artists. It is part of the Garden of Reason season, promoting outdoor art.
METRO

Artist's view

"It was hard work — we used two boxes of plasters. But because of the team spirit it went to plan."

Caroline Wright, British artist and project leader. Wright specializes in "performance archaeology," using historic or unique sites and adding a touch of the surreal or fantastic.

Great landscape art

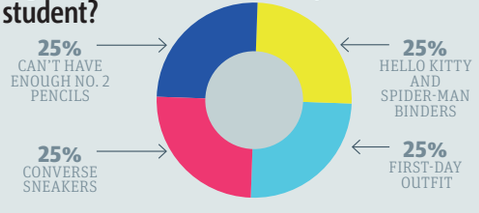
- **Conwy Valley.** The world's largest hedge maze in North Wales, covering two acres with intricate designs and the world's rarest tree.
- **Zhuo Zheng Yuan.** From the Ming Dynasty, this World Heritage site is among the finest gardens in China, featuring islands and Myrtle trees.
- **Missouri Botanical Garden.** Stunning plant combinations and flower beds in this site.

17th-century Ham House is the inspiration for a summer-long art exhibit. GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What back-to-school item would you buy regardless of whether or not you are a student?



Twitter

@2000bandit: #PNE. Pennies Not Enough ! Bring $ 20's

@NicPonak: Pig races at the PNE #funny

@Maddyelliot12: Really wants to go to the PNE #childhoodmemories

@MzZTn: Where is the puke station? #pne

@Babytiel: Well, whatya know! Just as r yearly PNE Fair begins, the weather's changed! Surprise surprise NOT! So hot& sunny lately then BAM! Cloudy/rain?

@mythicmusings: Went to the Star Trek Exhibit at the PNE in Vancouver today, it was awesome! Was never a huge Trekkie but did have an obsession with TNG...

metro

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SCENE 2

Premium Rush opens on Friday. HANDOUT

Stars get genuine Rush out of making bike film

Dangerous shoots. Joseph Gordon-Levitt and Dania Ramirez talk about the perils of playing bicycle messengers in NYC

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt and Dania Ramirez got a hell of a workout and a detailed tour of New York City making Premium Rush, in which they play fast-moving bike messengers. Metro sat down with the stars to talk about filming in the city and how dangerous even pretending to be a bike messenger can be — and to nitpick some geographical inconsistencies in the film.

Joe, you actually went through a cab's windshield while filming. Were there any other particularly close calls or dangerous moments for either of you?

Dania Ramirez: There was one time where I had to do a take where I had to jump the curb to get back on the sidewalk, and this UPS truck just decided to come pull out of nowhere right in front of me, and I had to turn my bike and skid and the whole nine. Every single day we filmed the movie, it was always in the back of my mind. "I hope I don't fall today." Because I fell so many times (laughs).

It can be tricky making a movie in New York, worrying about continuity issues when you turn corners.

Joseph Gordon-Levitt: Actually, the movie's really good about that. It's pretty accurate... I'm trying to think if there were any.

Well, the 1 Train doesn't actually go above ground south of Columbia University.

JGL: And he would be going south. That's right, that's right. We did. You're totally right. We shot that chase scene up in, like, the high 130s. But it looked awesome. I guess I wasn't worried about that. I just got done shooting a movie where Gotham City is made up of L.A., Pittsburgh, New York and parts of outside London. So to me if it's seamless in the movie, it doesn't bother me.

How was the experience of shooting on campus at Columbia, your alma mater?

JGL: It was a trip, man, because we shot in 2010, which is basically exactly 10 years after I arrived as a freshman and was living in (the dorm) John Jay, so yeah. It's just a bizarre thing to make it back 10 years later. It was the first time I had shot on campus.

In what parts of the city were you particularly excited to film?

DR: I was looking forward to riding around Chinatown. I just think on film it's so interesting to watch that part of the city.

JGL: I liked shooting uptown, actually, even if it might be a little inconsistent (laughs). Because just that part of town is maybe a little lesser known, and it is so pretty — maybe not pretty in the sense of peaceful or whatever, but it's a really visually striking part of town with the train up there. And it's a part of town that I spent a fair amount of time in because I went to school up there and lived in Harlem for a year and a half.

Have either of you seen 1986 Kevin Bacon film Quicksilver before?

DR: I've had so many people come up to me and actually tell me about it.

JGL: Especially people who are into bikes, I've found. "Oh, so you're doing Quicksilver." It's like, I guess I've got to see this movie. S–, sorry. I still haven't seen it. I've been told about it a lot. I still haven't watched it.

DR: At this point I kind of don't even want to (laughs).

On the web

Nicki Minaj cancels performances at U.K.'s V Festival due to damaged vocal cords

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jonas Brothers

Brothers reuniting for another album

After three years of pursuing solo projects, the Jonas Brothers are getting back together — for one night at least. The three brothers will be hitting New York's Radio City Music Hall on October 11 in the midst of work on their first album in nearly four years, according to Us Weekly. "We know it's time to come back and do another album," eldest brother Kevin Jonas says. "It's time. We need to be back on the road together."

Latest hit-and-run a serious one for Bynes

Amanda Bynes

Amanda Bynes' latest alleged hit-and-run might be the one that finally slows her down, as the former Nickelodeon star's case is moving forward to the L.A. city attorney after being reviewed by police, according to Hollyscoop. "After gathering facts for the case, there is substantial evidence that Amanda Bynes committed a hit-and-run," an LAPD spokesman says of the August 4 incident, in which Bynes reportedly rear-ended another car and fled the scene.

Robert Downey Jr.

Production on hold after Iron Man injury

Production on Iron Man 3 has halted after the franchise's star, Robert Downey Jr., was injured on set, Marvel Studios confirms in a statement.

"Robert Downey Jr. sustained an ankle injury on the set of Iron Man 3 in Wilmington, N.C., while performing a stunt," the statement reads.

"There will be a short delay in the production schedule while he recuperates. There's no word on how much the delay will cost the production.

The Word

Rick Ross for prez? Why not

The election cycle tends to bring out the usual celebrities touting their causes and endorsements, from Brad Pitt and Angelina Jolie (the legalization of gay marriage) to Kid Rock (something indiscernible about freedom and 'merica).

We're not sure what it says about us, you or shining seas, but Rick Ross' rundown of the heavy-hitter issues in Rolling Stone is about as well-reasoned and coherent as you'll hear in any debate:

On the medicinal properties of marijuana
"I call it green caviar. It's like a short vacation — it helps me chill out. And people really love it when I chill out, because I can really be a d—head."

On gun control
"I think we all have a right to bear arms, whichever amendment that is."

On the place of religion in schools
"They wanted me to learn the Ten Commandments. I told them I didn't really have time for that right now,"

On gay marriage and free speech
"Chick-fil-A obviously took their stand. That's their right — the same way the pro-gay people are taking their stand. I believe everybody got the right to live their own life the way they want to."

Robert Pattinson

Stay away from her, Pattinson friends say

While it's unclear how Robert Pattinson will proceed with his relationship with Kristen Stewart after her infidelity came to light last month, his friends reportedly think he should dump her, according to Us Weekly.

Pals of Pattinson — including Sienna Miller and Tom Sturridge — have been "begging Rob to end it for good," a source tells the magazine. "They think she will hurt Rob again."

Twitter

@ElizabethBanks
Had my first in-depth Honey Boo Boo conversation tonight at dinner. Feeling very pop culture-y/time waste-y.

@SamuelLJackson
Interview tips: enunciate, conjugate & less "you know", ya know? Cause We don't! Thanks.

@twhiddleston
To those whom I met, with whom I worked, and by whom I was given a life-time's supply of chocolate in Köln this summer: thank you & so long.

@sethmeyers21
"Based on a True Story" on a movie poster basically just means "has people in it."

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LIFE 3

My daughter, 4, still wants the stroller. Is that odd?

Debate. I don't care if it's considered too old, says our Mommyish writer, who says it's easier for her child

LINDSAY CROSS
mommyish.com

How old is too old for a stroller? ISTOCK IMAGES

There are a lot of people who don't like strollers. They're big. They get in the way of everything. They are impossible to manoeuvre through a doorway without assistance. They're expensive for no real reason. Man, strollers suck. But I still use one on day trips with my four-year-old.

First, I guess I should backtrack on strollers sucking. It's really not that the strollers themselves are to blame. There are people with strollers who suck. There are actually people everywhere who suck, whether they're pushing around a child in a carriage-like contraption or not.

You just notice that the people with strollers suck more because they're easier to pick out of a crowd. What with their behemoth of a baby-cart and all. But believe it or not, there are other kinds of people out there pushing strollers.

Although plenty of people wonder why I still use a stroller or wagon at all. My daughter is four years old. She can walk just fine. She probably runs faster than I do, no matter how little those legs are. Shouldn't she be able to walk on her own?

I've gotten plenty of looks when I whip out the stroller for a longer zoo trip or a big day of shopping. Amusement parks, fairs and festivals are all appropriate times for me to lug out my stroller, but some question why it's necessary.

The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well.

A four-year-old can obviously walk around on her own. She can even walk around for hours on end when the situation calls for it. We go hiking and she walks miles with no problem. So if she really needed to walk around the zoo all day long, I'm sure she could.

However, when we have full-day trips, little kids just don't have the stamina of adults. Especially in the heat, our little girl gets worn out after a while.

I like to think I'm actually saving people from the possibilities of a moody child throwing a tantrum. Tantrums don't happen for us when our tuckered-out little one can take a minute in her stroller and take a break.

My daughter gets plenty of movement and exercise on a day-to-day basis. I don't need to test her endurance on a day at an amusement park.

Quoted

"The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well."
Author Lindsay Cross

On the Web

You're definitely the cutest and best dressed wedding date Mommy could ask for, but did you have to cry louder than the maid of honour during her toast to the bride? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

On the Web

Reasons mommy drinks #72: Weddings. Scan this code or visit metronews.ca/voices to find out why the singles table has its perks.

Kick your side salad up a notch with citrusy kale

Ingredients

- 6-8 handfuls of kale (baby kale that is organic and pre-washed if possible)
- 3/4 cup walnuts
- 2 small oranges sliced

Dressing:
- 1/3 cup sesame or extra-virgin olive oil
- 1/2 cup brown rice vinegar
- 4 tbsp orange (naturally) flavoured Omega 3 fish oil (or hemp or flax oil)
- 1/2 cup fresh mint
- Fresh juice from 1 orange
- 2 tbsp orange rind

Orange Infused Walnut Kale Salad

This recipe makes four servings. NEWS CANADA

As summer comes to a close, families, neighbours and friends will be hosting a lot of get-togethers and feeding the masses. You're bound to see the usual spread of hamburgers, chips and soda pop.

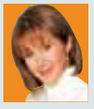
But if you'd like to step it up and mix in an original, healthy and tasty dish that offers your guests a megawatt dose of bio-available minerals, the Canadian Health Food Association has the recipe to do just that. You can find the ingredients at any natural health retailer, or visit chfa.ca.

1. Place all dressing ingredients into a food processor and blend until the mint is completely chopped up, about 30 seconds. Place your leafy greens into a large bowl and toss with the dressing. Sprinkle with walnuts and orange slices.

NEWS CANADA

Healthy eating

Choose it and lose it



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rosereisman.com

Sausage vs. hot dog: Street meat is often the go-to choice for those on the run. But they may also be the unhealthiest choice around.

Sausage with fried onions, cheese sauce and peppers

887 calories / 55 g fat
This is one of the unhealthiest foods available — more than half your daily calories in fat and a complete day's worth of salt.

Equivalent

This is equivalent to 42 grilled medium shrimp in calories.

2 hotdogs with mustard, ketchup and relish

388 calories / 22 g fat
I don't like endorsing nitrite and sodium-filled processed meats, but in this case two dogs are better for you than the sausage!

Helping teenagers deal with peer pressure

With the teen years comes more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't.

Dr. Philip R. Herschman, chief clinical officer for CRC Health Group, the largest provider of addiction treatment in the U.S., teaches us how you can help your teen avoid those types of situations.

Start before college

"It all starts before that young adult moves into college. (If) that child is raised with a good value system and has learned how to make decisions through a normal maturational process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation

"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'"

Have them offer alternatives

"(They can) say, 'It's just not something I want to do, but I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.'"

Discourage judgments

"Don't (have your kids) tell them they're bad for drinking. That will end relationships."

Talk about safe dating

"(A) first date shouldn't be, 'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

Let go

"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time."

METRO NEW YORK

A good value system will lead to good decision-making. ISTOCK IMAGES

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Mary Brown's CEO Greg Roberts on success, humility and chicken

Path to success.
Entrepreneur accountant explored several avenues of business before sinking his teeth into successful franchise

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Greg Roberts grew up on Triton, a little island off the coast of Newfoundland, but as a young boy he had big dreams.

After graduating with a degree and becoming a chartered accountant, he acquired a gas station and restaurant; then a pharmacy. Two pizza franchises and real estate ventures followed.

But Greg had his eye on the big prize. When the franchise rights for Mary Brown's Famous Chicken and Taters became available, he mortgaged everything he had to buy the brand.

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Today, Roberts has close to 100 franchises in Canada, 1,250 employees, a flagship store in South America and hundreds of international franchises in the planning stages.

"All in 14 years. It feels like 40," Roberts says with a laugh.

His advice?

"Work hard. Be candid. Listen to everyone and make the right decisions. At the end of the day I don't want to be the richest man in the cemetery. I just want to be known as a good person and an even better family man."

Quoted

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Mary Brown's chairman and CEO Greg Roberts looking back on his acquisition of the profitable food franchise.

Five steps

1. You need a great idea and an even better plan to make it happen.
2. Surround yourself with great people that are as passionate as you and then listen to them.
3. Never become arrogant and believe you know it all.
4. Get a great education and keep on learning and taking courses.
5. Never forget where you're from and never ask someone to do something you wouldn't do yourself.

Mary Brown's chairman and CEO Greg Roberts mortgaged everything to bet on the chicken franchise's success. ISTOCK

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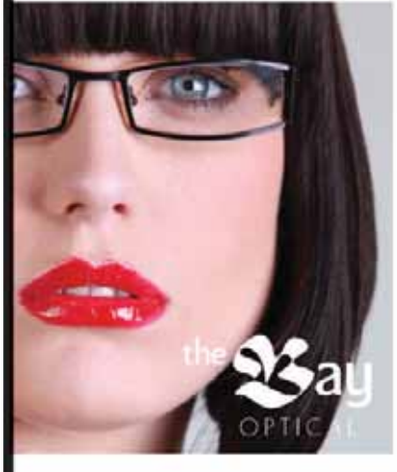

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Lulay and Lions keep a firm grip on first place

CFL. B.C. wins third straight while handing Saskatchewan fourth consecutive loss

Sunday's game

Lions	Roughriders
24	5

The fumble on the first play from scrimmage looked like an omen for Travis Lulay.

But he made sure it wasn't.

After committing the early turnover, the B.C. Lions quarterback delivered a strong performance to beat the Saskatchewan Roughriders 24-5 on Sunday before a crowd of 34,343 at B.C. Place.

Lulay ran for one touchdown, threw for another and handed off for one more as the Lions (5-3) retained sole possession of first place by posting their third straight win.

"Mistakes are going to happen in a football game," said Lulay. "That's an important part, when a mistake happens being able to take a deep breath, relax, go out and play the next play without getting flustered and I was able to do that and the team felt that around me."

The Riders (3-4) suffered their fourth-straight loss after opening the season with three consecutive wins.

Saskatchewan has not won since beating B.C. in July. Conversely, the Lions have not lost since then.

"Right now at this point we've got work to do," said Riders coach Corey Chamblin. "We'll find a way to win. There's some individual units that are getting better. That's the positive about it.

"I understand that we're a young team — that's no excuse. That was a good B.C. Lions team out there today, a veteran team. We've just got to make sure that we get some of our young guys turning into vets soon."

Arland Bruce and Ernest Jackson scored B.C.'s other touchdowns. The Lions' other points came in the form of a field goal and converts from kicker Paul McCallum.

Saskatchewan only managed a first-quarter field goal by Sandro DeAngelis, who only made two attempts, and a safety conceded by McCallum in the final minute.

The Lions held their opponent without a touchdown, and under 10 points, for the third straight game. Cauchy Muamba led the way defensively as he recorded two interceptions.

THE CANADIAN PRESS

Mitchell sits out

B.C.'s strong defensive performance came despite the absence of key pass rusher Khalif Mitchell, who sat out the first of a two-game suspension for twisting Edmonton offensive lineman Simeon Rottier's arm.

Cauchy Muamba, right, intercepts a pass intended for Saskatchewan Roughriders' Chris Getzlaf Sunday at BC Place.
DARRYL DYCK/THE CANADIAN PRESS

MLB. Cabrera associate tried fabricating defence against drug test: Report

Melky Cabrera THE ASSOCIATED PRESS FILE

An associate of San Francisco Giants all-star Melky Cabrera purchased a website and attempted to create evidence to support a claim that the outfielder inadvertently took the substance that caused a positive drug test, the New York Daily News reported Sunday.

Baseball officials uncovered the scheme as Cabrera prepared his case to challenge the test. Cabrera's grievance then was dropped, and Major League Baseball announced a 50-game suspension Wednesday.

A team of six to seven investigators from MLB uncovered the plan, a baseball official familiar with the probe said Sunday. The person spoke on condition of anonymity because MLB didn't authorize anyone to discuss the matter publicly.

Cabrera tested positive for testosterone, MLB said.

THE ASSOCIATED PRESS

Baseball

Bronze for Canada at IBAF Women's World Cup

In a battle of the bats, Canada overpowered Australia 17-13 to claim bronze Sunday at the fifth IBAF Women's World Cup in Edmonton.

Canada built an 8-1 lead through three innings before Australia fought back to within one run in the fifth. Canada went ahead 17-8 after six innings before Australia scored five seventh-inning runs before Canada finally closed out the game.

THE CANADIAN PRESS

Soccer

Manchester City leaves it late vs. Southampton

Manchester City fought back after a second-half collapse against Southampton to open its title defence with a 3-2 victory against the Premier League newcomers on Sunday.

Chelsea had no such troubles overcoming Wigan in Sunday's other match.

New signing Eden Hazard set up Branislav Ivanovic's opener and won the penalty from which Frank Lampard converted to clinch a 2-0 victory.

THE ASSOCIATED PRESS

NASCAR

Biffle wins race after Johnson's engine falters

Jimmie Johnson looked as if he had already finished the hardest work. After starting at the back of the pack, he had moved up quickly, and when he passed Brad Keselowski for the lead on lap 191 of 200, his No. 48 Chevrolet seemed to be the superior car.

Then Johnson's engine faltered with only six laps remaining at Michigan International Speedway. He lost the race — and the NASCAR Sprint Cup points lead — to Greg Biffle on Sunday. THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

Things were supposed to look a lot different for the New York Jets' offence. Through two pre-season games, the Jets (0-2) have failed to score a touchdown and Tim Tebow has yet to be the spark that was expected. Is it too early to worry? Scan the code for the story.

Rangers chase Alvarez en route to rout of Blue Jays

MLB. Struggling Toronto offence held to six runs over weekend series against Texas

Henderson Alvarez pitched with a heavy heart Sunday.

The Toronto Blue Jays starter had been told of a death in the family in the morning and after an awful outing against Texas declined to speak to media.

It was small wonder. Texas defeated Toronto 11-2 after banging out 19 hits — 12 against Alvarez in 4 1/3 innings — to win the rubber match of a three-game series.

No Blue Jays mentioned Alvarez's pain after the game — catcher Yan Gomes said he "had absolutely no idea" — but Rangers starter Matt Harrison expressed sympathy for the opposing pitcher.

"I'll say a little prayer for his family and him tonight," said Harrison. "That's pretty tough. To have that on your mind when you go out and pitch, your focus is definitely not on pitching."

Michael Young hit a three-run homer and added a two-run double for Texas, while Harrison (14-7) held Toronto to two runs and two hits, including a solo homer by Mike McCoy.

The hit total and the eight runs allowed were both career highs for Alvarez (7-11), and, by the time McCoy homered in the fifth, the Rangers had broken the game open in the top of the fifth with five runs.David Murphy added his 11th homer of the season against Chad Jenkins in the ninth.

"The Rangers came out and swung the bats aggressively, especially on first-pitch fastballs," Blue Jays manager John Farrell said. "I didn't think he used his secondary stuff enough, particularly as they started to be aggressive early in the counts. There was still first-pitch fastball approach that they took advantage of."

After the game Gomes was returned to triple-A Las Vegas, likely to make room for catcher Yorvit Torrealba who completed his four-game stint with double-A New Hampshire on Sunday and is expected to join the Blue Jays on Tuesday.

Gomes said Toronto's approach to pitching against the Rangers needed to be changed.

"I guess we should have tried to do something else because what we were doing wasn't working," he said. "It's a team you can't make mistakes against. One (batter) through nine they can hurt you." THE CANADIAN PRESS

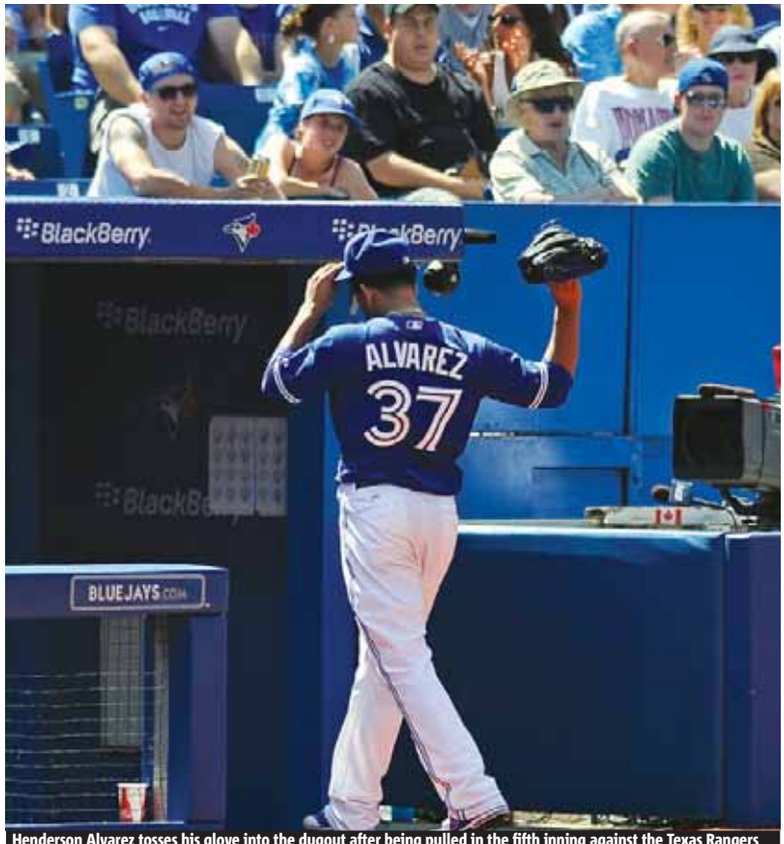
Offensive woes

Lawrie, Bautista to take at-bats in the minors

The good news for the Blue Jays is that Jose Bautista and Brett Lawrie will be back in the lineup Monday. The bad news, however, is that they're back in the lineup of the Gulf Coast League Blue Jays.

The Jays managed just two hits and two runs in the finale with the Rangers, dropping to nine games below .500. In the 21 games the Jays have played since July 29, without Bautista and catcher J.P. Arencibia and with a hobbled Brett Lawrie and Adam Lind, they are 0-12 when they score two runs or less. It's the fact that they've scored two or less in 12 of 21.

In addition, the Jays since July 29 have scored a total of just 59 runs, an average of less than three per game, with 16 home runs and a .212 team batting average. TORSTAR NEWS SERVICE



Henderson Alvarez tosses his glove into the dugout after being pulled in the fifth inning against the Texas Rangers Sunday at Rogers Centre in Toronto. BRAD WHITE/GETTY IMAGES

Hastings All-Stars get slammed by Panama

James Gonzalez had two homers and six RBIs, including a grand slam, and Aguadulce, Panama, defeated the Hastings All-Stars from Vancouver, 8-3 on Sunday to stay unbeaten at the Little League World Series.

After leaving the bases loaded and having a run taken off the board in the first due to a runner leaving early, Panama broke out for six in the second.

Carlos Flavio started the outburst with a solo homer. Edisson Gonzalez also had an RBI single before James Gonzalez hit his grand slam.

It was the first time a Panama player had ever hit a grand slam and two home runs in the tournament.

"I wasn't thinking home run when I went to the plate, so just hit the ball," James Gonzalez said through interpreter Antonio Gonzalez. "I didn't realize (it was a homer) until I saw it over the fence."

Thomas Neal of the Hastings All-Stars dives to steal a hit from Panama's Edwin Nieto Sunday in South Williamsport, Pa. MATT SLOCUM/THE ASSOCIATED PRESS

At that point, the 12-year-old shortstop raised both arms in the air.

Panama pitching limited a Canada team that scored 13 runs in a win Friday over Mexico. Edisson Gonzalez and Daniel Cruz combined for 13 strikeouts.

"That was probably the best pitching team we've seen. They had good fastballs and good breaking balls," Canada manager Vito Bordignon said. "We had difficulty adjusting, today."

Canada's Cole Dalla-Zanna drove in a run with a bases-loaded walk in the sixth, but Cruz ended the game with a strikeout.

"The problem we had too many strikeouts with runners on base," Bordignon said. "We get some groundballs instead of strikeouts and we maybe get an extra run or two to make this a different game." THE ASSOCIATED PRESS

MLB

Pirates outlast Cardinals in 19-inning duel

Even Pittsburgh third baseman Pedro Alvarez was starting to lose focus in the later stages of the Pirates' 6-3, 19-inning win over the St. Louis Cardinals on Sunday.

"I was getting a little stagnant out there," he said. "It's one of those things where it's mind over matter. You've just got to fight and keep that desire going."

Alvarez played a big role in ending the marathon with his 23rd homer of the season. The drive broke a 3-3 tie as the Pirates won the longest game in the majors this season.

It took 6 hours, 7 minutes to finish, tying the longest contest by time, matching a game between Baltimore and Boston on May 6. THE ASSOCIATED PRESS

Tennis. Federer captures fifth Cincinnati title

Roger Federer finds a lot to like about Cincinnati — the big crowds for his matches, the quiet time away from the court, the way his game seems to come together on the fast, blue courts.

Probably helps that he often takes home the trophy, too.

Make it five for Federer.

The world's top-ranked player won a record fifth Cincinnati title Sunday, dominating second-ranked Novak Djokovic in an unprecedented way at the start of a 6-0, 7-6 (7) win for the Western & Southern Open championship.

The 31-year-old Swiss star has enjoyed many of his one-week visits. None was better than the latest.

"Looking back, it's just unbelievable," Federer said. "This was probably the best week for me here in Cincinnati. I didn't lose a set. This is very sweet, no doubt about it."

Federer heads to the U.S. Open feeling healthy and fine-tuned. He skipped the Rogers Cup in Toronto last week, giving himself some time to recover from the Olympics in London.

He's also regained the upper hand against one of the players who stands in his way.

Djokovic had put together a run of three straight wins over Federer in tournament semi-finals, starting with the U.S. Open last year. Federer turned it around by beating the Serb in the semis at Wimbledon last month.

They'd split the previous six, with Federer winning the only Grand Slam championship match. THE ASSOCIATED PRESS

Women's draw

In the women's final, Li Na (9) defeated Angelique Kerber (5) 1-6, 6-3, 6-1 for her first tournament victory of the season.

Horoscopes

♈ Aries
March 21 - April 20
There are general, everyday risks and there are the kind of risks that only an Aries would dare take — and you'll be taking plenty today. A major Sun-Mars link means your luck is about to turn. Enjoy it!

♉ Taurus
April 21 - May 21
The best way to improve your life is to focus your thoughts and feelings on what means most to you in this world. Forget about your ambitions and concentrate on the people who you really, truly, madly love.

♊ Gemini
May 22 - June 21
You have plenty to say for yourself but do other people understand your message? Your task today is to get across your central idea in ways that don't leave those with lesser minds feeling too confused.

♋ Cancer
June 22 - July 23
If you are having second thoughts about a commitment you made then you should be able to wriggle out of it without too much trouble. Don't make a habit of it though or your reputation will suffer.

♌ Leo
July 24 - Aug. 23
The recent new moon in your sign means there is no more confusion: you know exactly what you should be doing and exactly how it must be done. It's Monday and the start of a new week — so get started!

♍ Virgo
Aug. 24 - Sept. 23
Are you at peace with yourself? Even if you are not you will be able to find a special place of inner tranquility over the next few days — the place where nothing and no one can touch you or harm you.

♎ Libra
Sept. 24 - Oct. 23
You have a great deal in common with a certain group of people and if you make the effort to spend time with them there is a lot they can teach you. Share your dream with them too — they'll like it.

♏ Scorpio
Oct. 24 - Nov. 22
You may find it hard to trust someone you work or do business with but what choice do you have? Sometimes even a Scorpio must put their doubts aside and just get on with it. You won't lose out.

♐ Sagittarius
Nov. 23 - Dec. 21
What you hear today may sound too good to be true but you would be wrong to dismiss it out of hand. An excellent Sun-Mars link indicates it's all above board – and very much in your favour.

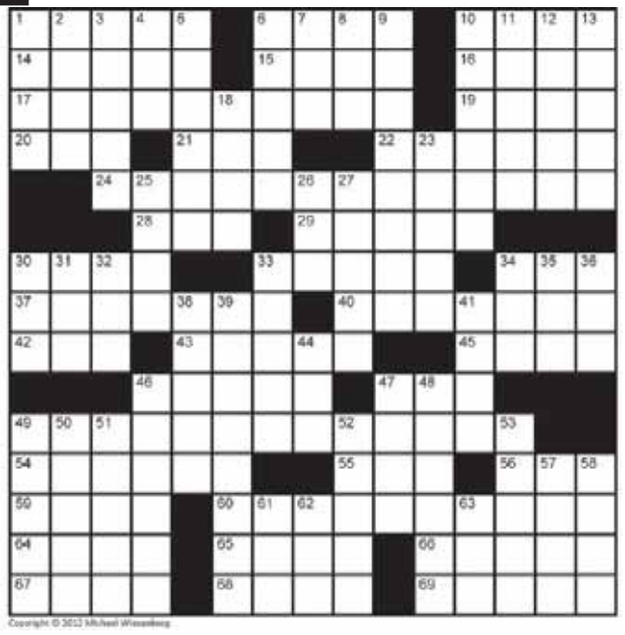
♑ Capricorn
Dec. 22 - Jan. 20
Step back from what you are working on and look at it from a higher level. What does it mean in the greater scheme of things? If your answer is "nothing" then you should be working on something else.

♒ Aquarius
Jan. 21 - Feb. 19
Resist the temptation to make accusations, because if you start the week with a distrustful attitude it will colour your relationships for the next seven days. No one is trying to cheat you — so don't cheat yourself.

♓ Pisces
Feb. 20 - March 20
Let your mind wander in imaginary realms. You are probably fed up with friends and colleagues and loved ones telling you to get your head out of the clouds but that's the best place for it today. Dream on. SALLY BROMPTON

Crossword: The East, Musicians, Water, and a Capital

BY MICHAEL WIESENBERG



Across
1. "___ you knockin', but you can't come in" (2 wds.)
6. Colorless
10. Big name in moisturizing products
14. Become aware of
15. Copied
16. TV host Letterman
17. Canada is gateway to this eastern area of expanding importance (2 wds.)
19. Cinnabar and hematite
20. Secret agent
21. "___ Mine": Beatles song written by George Harrison (2 wds.)
22. Hors d'___: appetizer
24. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits plus white running shoes (2 wds.)
28. Smallville villain Luthor
29. Silences, as a TV
30. Canadian force
33. Croc's cousin
34. And so on
37. Northwest ___: Canadian sea route only recently open to regular marine shipping
40. Canada's most populous province
42. Star of The A-Team (2 wds.)
43. Guitar relatives with pear-shaped bodies
45. Agency employee, informally
46. "... ___ evil, speak ..." (2 wds.)
47. Green machine
49. Largest tributary of BC's Fraser (2 wds.)
54. Actress Bernhardt and singer Vaughan
55. Personals
56. Consume
59. Extra: abbr.
60. YT capital
64. Cinema spool
65. Rabbit
66. Worth something (2 wds.)
67. Georgia and Belarus, once: initialism
68. Versified tributes
69. Needs

Down
1. AOL and Comcast
2. Pile
3. Britannica, for one: abbr.
4. "Do ___ say!" (2 wds.)
5. Free from impurities
6. Measured on foot, with "off"
7. Spring mo.
8. Hawaiian garland
9. Alberta's second-largest city
10. Smells
11. Cocoon spinner
12. Asserts
13. Agreements
18. Canada's "Think Big" company
23. TV movie critic Roger
25. European mountains
26. Beatles hit "___ Loser" (2 wds.)
27. Cars
30. Tach reading
31. Windsor product
32. 9-Down time
33. "I Can't ___ Satisfaction" (2 wds.)
34. Before: poetic
35. ___ Horton's
36. 30-Across member
38. First Hebrew alphabet letter
39. Winnipeg's "American Woman" band (2 wds.)
41. "Look ___ when I'm talking to you" (2 wds.)
44. Very long time, as spelled south of the border
46. Some 58-Down sizes
47. Assistant
48. Network offering (2 wds.)
49. Their rule ended in 1917
50. Hell
51. TV's Law & ___
52. Amounts charged
53. TV's summer fare
57. 47-Down: abbr.
58. Casual shirts
61. Owned
62. Displeasure
63. Birds ___ feather (2 wds.)

Friday's crossword

What's online

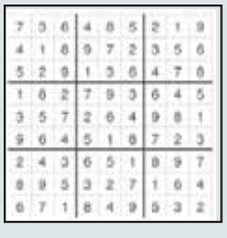
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1					9	2	5	
	4			2		9	7	
2			4					3
				5			3	9
		9				8		
5	6			3				
8					4			6
	7	6		9			1	
	2	3	5					7

Friday's Sudoku



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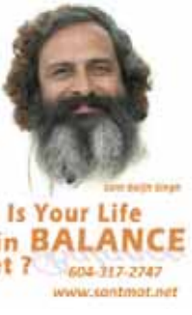

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